

QC

FASHION:

How to get away with wearing your runners at the office **P. 4**

ON THE SCENE:

At the Saskatchewan
Science Centre's Ignite
evening **P. 20**

SHARP EATS:

Enjoy authentic tastes of southern Italy on the *Primes*. **P. 22**

GRAPHIC DESIGNS

HOW DANA TILLUSZ MADE HIS COMIC DREAMS COME TRUE
P. 6



READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

DR. FELIX VELOSO

Dementia Prevention Naturally

In 2011, there are an estimated 56 million people with dementia worldwide, costing the global economy at least US\$874 billion annually in direct and indirect health care expenses.

The worldwide prevalence of this mind-robbing geriatric may quadruple to nearly 120 million by 2030. In Canada, over the next 30 years, a new dementia will be diagnosed every two minutes or about 550,000 per year, totalising almost three per cent of Canada's population on long preventive resources are taken now.

The current expenditure for this leading debilitating pathology in Canada of \$65 billion yearly is projected to increase to a health care budget buster \$160 bill in tenacity in 30 years.

Dementia Prevention Naturally gives evidence-based natural healthy



Dr. Felix Veloso

lifestyle strategies that prevent dementia and/or slow progression of the mind-claiming illness.

Dementia Prevention Naturally: Evidence-Based strategies to Retain Cognition is available at Chapters/Indigo and at McMillan Books on an Amazon at \$18.95 per copy.

Dr. Felix Veloso is a clinical professor of medicine (neurology) at the University of Saskatchewan. He is a fellow of the Royal College of Physicians and Surgeons of Canada and of the American Academy of Neurology.

Dr. Veloso has been providing knowledge care for the people of Saskatchewan for over forty-five years. Dr. Veloso is the author of the widely acclaimed book Stroke Prevention Naturally: Proven Non-Pharmaceutical Stroke Avoidance Strategies.

Dr. Veloso is also a multi-winning motivational



Bump in the night

Government House, Thursday, Oct. 30



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ON THE COVER P. 6



Denis Tillier is the owner of Comic Readers Empire. He bought the business 20 years ago.
QC PHOTO BY DON HEALY

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Enjoy authentic tastes of southern Italy in Saskatoon

SHARP EATS P. 22



Chef Simone Kaur's delicious *Avish* with ricotta cheese, bacon, garlic and mushrooms on a tomato sauce from Tasso di Toscana in Agropoli. QC PHOTO BY DON HEALY

QC COVER PHOTO BY DAVID STORBE

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FASHION

Do you have fashion advice to share with our readers?
Email us at QC@leaderpost.com

REGINA FASHION

Rich Alejandria: No tattoos, many shoes

By Ashley Martin

BUSINESS WEAR WITH CASUAL FLAIR

At Regina City Hall, there may be few people who grasp business casual as well as Rich Alejandria does.

Up top, he's dapper in a blazer and collared shirt. His bottom half, with dark jeans and sneakers, is like another image from a mixed-race picture gone.

"They let me get away with jeans and sneakers even though it's not in our dress code," says Alejandria, a graphics technician for the city's planning department, "because I usually dress up at top."

He didn't always wear patterns to work — comfortable footwear was a necessary evolution.

"Since I work on the 13th floor, I always take the stairs to try to stay fit and I can't do it in dress shoes anymore," says Alejandria.

Before, I'd get upstairs and I'd have (to put) ice on my foot, so I just thought, 'well maybe I'll just try to incorporate runners more into what I wear.'"

Alejandria is a shoe lover. He's constantly changing his mind about which pair is his favourite. He owns a lot of shoes, but the precise tally is a mystery.

"I try not to count it because it depresses me when I find out how many I have," he says, though "it's not shoes, son."

INKLESS ARTIST

Alejandria has managed to live 38 years without getting a tattoo. He says he couldn't commit to one design — he'd likely end up hating it.

Instead, he applies designs to T-shirts and wears them until he gets sick of them.

He produces NBA-themed designs for D'Venus Buckets and sells his other designs on Society6.

That said, "I've usually the only one that buys (them)."

TAKING DAD'S ADVICE

Alejandria's father, Edgar, was a tailor as the Philippines before the family moved to Canada in 1986.

He always tried to instill good fashion sense in his sons.

"He did lecture us a lot on what was wrong with what we were wearing. 'Your pants are too low' and 'it's too bagy.' It took him a long time to get through to us I guess," says Alejandria.

"I only started listening in the latter part of my life."

But the advice did get through to him.

"One of the main things he told me is it doesn't really matter what you're wearing as long as it's clean and as long as it fits," says Alejandria. "It took me a while to realize that, but afterward it made me realize I could put together just a white T-shirt, jeans and a nice pair of runners and be presentable enough to pretty much do anything."

It didn't hurt that the slimmer clothing made me look taller."



Rich Alejandria's interest in fit about sports gear is father, who was a tailor in the Philippines, age photo by DENISE JAR

FASHION



TODAY'S OUTFIT

- JACKET:** Marshalls "I must've seen what brand it is. I just thought it fit well."
- POCKET SQUARE:** "It's (brand) came around a month and my mom (Aunt) is a towel, cancer survivor, so I like to try to incorporate a little pink as much as I could this month anyway."
- SHIRT:** Brash
- WATCH:** Nixon
- BRACELET:** A gift from his mom. "It's supposed to be a water buffalo. It's a popular animal in the Philippines."
- BELT:** "I think it's a Banana Republic. But I try not to keep track of brand names."
- JEANS:** Zani
- SHOES:** Mac Air Hushoesh. "It's an older style."



ON THE COVER

I'm on vacation, in a way.

— Dana Tillusz

#DANA TILLUSZ

The origin story of Comic Readers' Dana Tillusz



In classic comic book-dad fashion, Dana Tillusz said his daughter Samantha's taste of the Fantastic Four when she was an infant. CP PHOTO BY DON HEAR

By Mark Meinychuk

When Dana Tillusz describes his 14-month-old daughter Samantha, it sounds like she has super powers.

"Her eyes are amazing. She can spot a squirrel from inside all the way outside (like a yard away)," said Tillusz, who has owned the comic book shop Comic Readers for 38 years.

In classic comic book-dad fashion, Tillusz

would read Samantha issues of the *Fantastic Four* when she was an infant.

"Now she has to grab everything and put it in her mouth or try to rip the pages, so now I'm reading kids' books all day," said Tillusz.

Tillusz, 48, is actually behind on his comic book reading. He's also taken time away from work to be a stay-at-home dad, popping into the store occasionally and ordering stock from the computer at home.

It's a far different lifestyle than when he purchased Readers Book Shop in 1986, which was then located on Grand Road.

"I'll remember it stress for him, probably the first four or five years," said Tillusz.

Aside from shifts working as a dishwasher and porter at a hotel, the 39-year-old had no life plans other than owning a comic book store. Tillusz gave himself "an ultimatum: He would either own a comic book shop by the time he

was 50 or work a terrible job and be miserable for the rest of his life."

"I'd have lost" his deadline by stalling, into Readers and simply asking, "Will you tell me your story?"

Fortunately for Tillusz, the couple who owned the store was interested in selling. How ever, owner Carl Lange noted he was somewhat skeptical of the local comic geek who frequented the shop.

... Comic book shops were shuttering all over North America in the early 1990s and that's just when Dana had started — Stephen Whitworth

"He struck me as being pretty quiet, and so I had some concerns at the time that he was a little bit of an introvert and the store requires sort of the opposite of that," said Cart.

It was Cart's then-girlfriend Julie who convinced him to take the job.

"He was pretty dedicated and focused and seemed like somebody who would do a good job," said Jackie, who is now married to Cart. The two now live in Moose Jaw.

Tillisa admits he wasn't prepared for owning a business.

"I had no idea what it meant to be that person," said Cart.

"Tillisa said he couldn't have chosen a more difficult time to get into the comic book business. During the 1990s, a time period through the comic industry known as the speculation market. Publishers began selling special edition comic books with marauder covers to customers hoping their purchases would one day be worth thousands.

"Prices got driven up and the bottom fell out of that market, and it just took a big swish of the comic retail industry with it when it did. So comic book shops were shuttering all over

North America in the early 1990s and that's just when Dana had started," said Stephen. While worth, a Regina alternative comics emporium and longtime friend of Tillisa.

After moving to Regina in 1996, Whitworth was a costume Tillisa had written in the University of Regina. Cardiac about alternative comics. Whitworth made it as his business to be based Tillisa. He got his chance after spotting him one day in the Cardiac offices.

"I basically dragged him off and made him drink with me and just talked to him a lot. And later on he said that he actually thought I was a complete psychopath, but if worked and we've been friends ever since," said Whitworth.

"Things were so bad that, in addition to having to tell his accountant he couldn't afford \$800 in income tax, Tillisa had to make the ultimate sacrifice to make sure he would ever want to have the book his grand coped of Amazing Spider-Man that he collected as a child and put them up for sale on his own store shelves.

"That was probably the hardest thing was realizing that I have a power bill to pay and I have to start selling my own books," said Tillisa.



Dana Tillisa plays as Comic Bookstore in Regina, as he plays for both sides.

"Tillisa was he secretly thought he could be going running a successful business without going through the work of building a customer

base, assuming all he had to do was stock the shelves. Continued on Page 8

1456 TOTAL PRIZES VALUED AT OVER \$2,024,200
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- 10 \$156.25
- 10 \$78.12
- 10 \$39.06
- 10 \$19.53
- 10 \$9.77
- 10 \$4.88
- 10 \$2.44
- 10 \$1.22
- 10 \$0.61
- 10 \$0.31
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- 10 \$0.02
- 10 \$0.01

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I think a lot of the stuff I'm going to read her is the stuff from the '40s and '50s where it's just goofy and silly

—Tilfuss

There was even a point when Tilfuss stopped reading comics, partly due to stress and dissatisfaction with what publishers were producing.

After a few years, business began to pick up. Tilfuss was slowly able to hire more staff and step back from work. It even allowed him to enroll in philosophy classes at the U of W.

In 2001, Comic Readers was doing so well, it was able to expand by opening up a second store in the downtown area, of which Tilfuss is a part-owner.

Despite his initial reservations, Long said he's impressed with what Tilfuss has accomplished.

"It's done very well for himself. He's kept in touch with stuff in the market and taken the store to where it needs to be and (they're) very clean and beautiful looking stores that he's got," said Long, who still visits the downtown store regularly to play a card game called Magic: The Gathering.

Whitworth said Tilfuss's ability to weather the crash of the 1990s wasn't merely luck.

"It happened by design, it's happened through hard work and it's happened because people walk into his store and they bring an enthusiasm with them and that enthusiasm is reflected back at them," said Whitworth.

When Christina Gottlieb stepped into Comic Readers for the first time she brought a sense of curiosity, but absolutely no knowledge of comics. Familiar with the store only because she got her hair cut next door, Gottlieb decided to venture in. She walked out with two copies of All New X-Men and was soon back for more. That's when she met Tilfuss.

"I just remember asking him if he liked Batman, and he got me started because he was very enthusiastic about Batman," said Gottlieb, who has since become a regular at the store.

"I just feel like I'm with family. I've never felt so at home," she said.

Tilfuss has his share of regulars too, including Keith Dobranski, who has been visiting the store even before Tilfuss took over.

"The first time I went in and he was by himself, he knew who I was and was able to put my life and how it was for me at the counter," said Dobranski.

"That was the first time over that somebody knew who I was without me really knowing enough about who they were, and that really sticks a chord for me."

Dobranski remembers Tilfuss even taking the time to properly decorate the store, which for a comic shop seems honoring the Millican Palace and X-Wing spacecraft from Star Wars on the ceiling.

Tilfuss no longer has to work seven days a



Gabe Tilfuss reads from the Fantastic Four to his 16-month-old daughter Samantha, who wears an OWENHEAD.

week as his shop's lone employee. It's allowed him to take time away from work to focus on being a father, which currently includes playing with stuffed animals and teaching Samantha how to feel pump to music.

"The way I look at it, I'm never going to get a chance to do this again. We don't plan on having more children, and just this quality time I'm able to spend with my daughter. I understand

what other parents look me over the years. It's different when it's your kid," he said.

He's even started a new comic collection, but this one is for Samantha's. So far he's selected X-Men Savage by Donald Duck creator Carl Barks and Bone, a comic book fantasy adventure by Jeff Smith.

"I think a lot of the stuff I'm going to read her is the stuff from the '40s and '50s where it's

just goofy and silly," said Tilfuss.

Tilfuss credits Samantha with his teaching him the value that there's more to life than work, even if you do love your job.

"I'm on vacation, in a way. I tell other people that and other parents and they just kind of they look at me like I'm an idiot," he said.

Tilfuss.com/tilfussphoto
samanthapost@leaderpost.com

Dana Tillusz lists his seven favourite comics

There are a lot of comic books out there. If you're looking at just getting started, we asked Dana Tillusz to list some of his favourites. Check out a list of his top seven recommendations, and why he thinks they're awesome:



AMAZING SPIDER-MAN
Spider-Man was my childhood hero. His comic was different from the other superhero titles. There were real consequences to his actions: positive and negative, which rippled through time to mine.

EIGHTBALL BY DANIEL CLOWDS
This comic series is the high point of satirical comics from the 1990s. Sometimes it would take years for the next issue to be released. It was a long and painful wait for the best comic of that era.

SILVER BURDETT GIBBONS: PARABLE BY STAN LEE AND MOSCOWITZ
This one shot in Montreal introduced me to the legend, any artist Moscovitz. At a young age, I could see the differences between North American comic art and European story telling. And I had Galactus in 10!

HELLBOY BY MIKE MIGNOLA
This is the title all comic readers need to read. Mignola's moody atmosphere reaches into the supernatural and delivers an epic tale that slowly leads civilization into ruin.



USAGI YOJIMBO BY STAN SAKAI
Usagi was the comic series that showed me there was more to comics than superheroes. Set in feudal Japan, Usagi travels the countryside seeking his now into everyone's business.



LOVE AND DOCKETS BY LOS BROS. HERNANDEZ
The best characters in comic books are found within these pages. Set in Mexico and southern California, these provocative stories will break your heart and teach you about love.

THE ACME NOVELTY LIBRARY BY CHRIS WAGG
Wagg's characters are usually small and pathetic, living in poverty and barely lives. These comics are truly depressing, but Wagg shows he is the best there is at his craft.

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EVENTS

What you need to know to plan your week.
Send events to QC@leaderpost.com

MUSIC

Wednesday, Oct. 22

Wednesday Night Polka
Redford
Buschweiser, 2206 Dewdney

Wayback Wednesday with Leather Cakes
McNelly's, 2226 Dewdney Ave.

The Smalls
The Owl, U of W Riddell Centre

Ellen Dery
Artful Dodger, 1631 18th Ave.

Shining for the Future
Concert
Featuring Glenn Sutter with the Riverside Band, Jim Wright and B.D. Wiloughby.
6:00 p.m. The Club at the Exchange, 2431 8th Ave.

Thursday, Oct. 23

Wessex Wind, Buffalo Harmonies
Artful Dodger, 1631 18th Ave.

JJ Weiss
The Pump, 641 Victoria Ave. E.

Redbubble's Gearing for a Cause
Casper Schneider
McNelly's, 2226 Dewdney Ave.

Friday, Oct. 24

Red Javaliens
Artful Dodger, 1631 18th Ave.

Abstract Ministry
McNelly's, 2226 Dewdney Ave.

Ask Phillips
HQ, 1475 Toronto St.

JJ Weiss
The Pump, 641 Victoria Ave. E.

Control Freaker
Casino Regina Show Lounge
6050 Saskatchewan Dr.

The Smalls
The Owl, U of W Riddell Centre



The Smalls' lineup for tonight's show shows off some of Regina's best acts heading

Tim Williams, The Stillhouse Bands
The Club at the Exchange,
2431 8th Ave.

Saturday, Oct. 25

Jam Session
Hosted by Bobcat Riggins for audio and new media artists.
Last Saturday of each month
1-5 p.m. Natural Ground, 1856
Scarth St.

Open Acoustic Jam
3-5:30 p.m.
Broadway Lounge/Western
Pizza, 1307 Broadway Ave.

Prandiser for Small Kids-ize
Featuring the Snake Oil
Sakebans, Kinder Scout,
Hugh Pogman, Infected, An-
nie Dress, Ting, Old Cow and
Tessa Desorme.
The Exchange, 2431 8th Ave.

Darcy Playground
9 p.m. Broadway Lounge/
Western Pizza, 1307 Broadway
Ave.

Control Freaker
Casino Regina Show Lounge
6050 Saskatchewan Dr.

Friend or Foe?
The Lonestar, 4529 Gertsen
Rd.

Abstract Ministry
McNelly's, 2226 Dewdney Ave.

JJ Weiss
The Pump, 641 Victoria Ave. E.

Symphonic Fantastique
Regina Symphony Orchestra
Musical Masterworks
8 p.m. Cornelia Arts Centre,
200 Lakeshore Dr.

Amanda Contreras
The Club at the Exchange,
2431 8th Ave.

**The New Jacobs Club, Guil-
terferge, Neil Mcneils**
The Gemini Club
1727 St. John St.

Sunday, Oct. 26

Brandy Adams
1 p.m. HPL Theatre, 241
12th Ave.

Tuesday, Oct. 27

Monday Night Jazz & Blues
Callie Miller
Buschweiser, 2206 Dewdney

Weekly Dream Circle
Instruments provided
7:30-9 p.m., The Living Spirit
Centre, 3088 Dean Dr. Call
Mike: 300-550-3911.

Superheroes, Musicians
The Exchange, 2431 8th Ave.

Morgan Davis
The Club at the Exchange,

2431 8th Ave.

Thursday, Oct. 28

Benzer James
Orleans, 1947 South St.

Michael Remond Fitzgerald
The Exchange, 2431 8th Ave.

VISUAL ART

Horrid: Journey into the Dark
Local artists Joel Hasbick and
Matthew Lapierre bring dark
into the dark stages of their
imagination to being forth
costumes and landscapes of
great strangeness and hor-
ror. The show is presented
from the perspective of an
early 20th century artist and
psychologist who has experi-
mented with a strange new
drug that has slipped him into
a dark world.
Creative City Centre
1043 Hamilton St.

**Ma Lin Tapestries: New Ce-
lestine**

Until Oct. 25. Mystere Gal-
lery, 2705 10th Ave.

**Contemporary Canadian: The Artists of Scott Nichol-
son Fine Arts** Features the
works of Canadian fine arti-
sts who have created works
of art in three distinct styles
spanning the nation's
contemporary Canadian.
Until Oct. 31. Regina Centre
Galleries, 1627 Albert St.

Kyle Herremans Colour
Powerful modern works cre-
ated with wood veneer and
rain
Until Nov. 1. State Fine Art
Gallery, 2078 Halifax St.

Milijko Repustar: Jesus
Los Angeles artist Milijko
Repustar's video Jesus ad-
dresses the fine line between
states of being. Named after
the Roman god of begin-
nings and beginnings, the
subject of Jesus is the well-
recognized "dark rabbit"
illustration popularized by
the philosopher Ludwig
Wittgenstein. The ambiva-
lent features twist, turn, eye
blink, and a second in its
lovely series, implying an
overlap of life and death.
Until Nov. 12. Central Medi-
a-therque. Dunlop Art Gallery -
Central Branch, 2311-12th Ave.

From What Remains
Artists Jason de Haer,
Kerri Bell and Kara Cook-
man infuse data with poetic
and speculative meaning via
material transformations,
replicates, assemblages,
and texts that mimic sci-
entific processes.
Until Nov. 13. Dunlop Art
Gallery - Central Branch,
2311-12th Ave.

**Sharon Blackburn: Undis-
covered Powers**
Until Nov. 14. University Club,
2nd floor College West, Uni-
versity of Regina

EVENTS

**Sharon Eklundsen: Under-
covered Players**
Until Nov. 14, University Club,
2nd floor College West, University
of Regina

**Joanne Reimer: the harder
the side**
Reimer fuses everyday objects
with fabricated new materials
to infuse their functionality
and their aesthetic, creating
an evocative structure of the
viewer and the unknown
Until Nov. 26, Dunlop Art
Gallery — Sherwood Village
Branch, 931 Rockdale Blvd.

350 Seconds
A captivating and impactful
collection of photographs on
canvas studies light, colour
and movement. Features 12
Saskatchewan artists
Until Nov. 30, 350 Seconds
Interactive Art Gallery, 3021 18th Ave.

**WFF Perreault: In the Alley |
Dance in Black**
A major retrospective of
celebrated Saskatchewan
painter WFF Perreault. Best
known for a single subject —
the everyday black alley
Until Jan. 4, Mackenzie Art
Gallery, 3475 Albert St.

**Carl in Muller: An Index of
Saskatchewan Farms and
Other Curiosities**
Princess Mutt Muller will use her
interests in history, history,
culture, and other curiosities
to guide her curation and
presentation of the important
cultural influences of the Dunlop
and RSM
Until Jan. 15, In Situ — Central
Library, 2311 12th Ave. and
Royal Saskatchewan Museum,
2445 Albert St.

**Trey Coulthman: Digital
Handshake**
Coulthman examines our
uncanny relationship to technology,
and imagines ways
it — and we — might adapt.
The first major solo exhibition
by Regina-based sculptor
Coulthman.



Costume Designer's Little Orange Man before a scene. Saturday, 4 p.m. at Regent

Until Jan. 25, Mackenzie Art
Gallery, 3475 Albert St.

Assembly Gallery
2265 Smith St.
Open Tuesday to Friday, 10
a.m. to 6:30 p.m.; Saturday 10
a.m. to 5 p.m.

Neutral Ground
#023-1000 South St.
Open Tuesday to Saturday, 11
a.m. to 5 p.m.

Children's Gift and Fine Arts
Oil and ink paintings by Chinese
artists Linlin Jiang and
Xiaoli Tian
2213 Smith St. Open Monday
to Saturday, 10 a.m. to 5 p.m.

PERFORMANCE

Little Orange Man
Hortle Theatre
Until Oct. 26, 8 p.m.

The Arsenic, 2627 13th Ave.

Beauty and the Beast
Oct. 23-25, 7:30 p.m.
Oct. 26, 2 p.m.
Luther College High School,
7000 Royal St.

Bruggin' for Denmark
A fundraising youth company
fundraiser. A night of pre-banned
performances by FONYC, Fiddlers
troop and drag show.
Oct. 24, 7:30-10:30 p.m.
Q Nightclub, 2070 Broad St.

Full One-Act Cabaret
Regina Little Theatre
Various plays directed by
Shelley Landman. Glen Butz,
John Chabot, and Billie
Greene
Oct. 24-25, 7:30 p.m.
Regina Performing Arts Centre,
1077 Angus St.

The Rocky Horror Show
Oct. 29-30, 8 p.m.
University Theatre, U of R
dental Centre

COMEDY

Teachmean's Division II Day
South Saskatchewan amateur
comedy competition \$10.
Oct. 25, 10 a.m.
Ramada Hotel, 1816 Victoria
Ave.

The Laugh Show
Live standup every Saturday
night, 9:00 p.m.
Ramada Hotel, 1816 Victoria
Ave.

**Michael McCreary Does This
Make My Asspinner's Look
Big?**
Presented by Auburn Theatre
Source Centre. Guest appearance
by Good Riddance Blues
Band. \$30.

Oct. 28, 7 p.m.
Royal Saskatchewan Museum,
2445 Albert St.

The Yikraz: Silver Creek
Live commentary for less-than-
coherent news anchors by
comedian Jordan Pfeffer.
Live with a donation to the
Regina Food Bank.
Oct. 28, 7 p.m. 18th, Film Theatre,
2311 12th Ave.

DANCING

Fun Dancing
Learn to square dance, round
dance or line. First two nights
free. Oct. 23, 6-7:30 p.m.
St. James Anglican Church,
1055 Empress St.

Seniors' Dance
Two live musicians, a DJ. Food
provided. Oct. 24, 4-6 p.m.
Fairview Community Centre,

800 621 Ave.

Halloween Masquerade Ball
Oct. 25, 6 p.m. - midnight
Avalon Club, 320 Maxwell St.

Retro Dance Party
Every Sunday
McMurry's, 2225 Ordway Ave.

The National Music Festival
Five seasons. Pre-registered ticket
is recommended. 306-525-
3383.
Monday evenings from
6:30-7:30 p.m. New Denver
Hotels, 2227 Harvey St.

**Oktoberfest featuring the
Western Seniors**
Oct. 27, 7 p.m.
Casino Regina Show Lounge
1880 Saskatchewan Dr.

SPORTS

Women's volleyball
Cougars vs. Winipeg
Oct. 26, 6 p.m. U of R CHS

Men's volleyball
Cougars vs. Winipeg
Oct. 26, 7:30 p.m. U of R CHS

U of R Rams vs. Manitoba
Oct. 26, 2 p.m.
Mosaic Stadium

Women's volleyball
Cougars vs. Winipeg
Oct. 25, 5 p.m. U of R CHS

Men's volleyball
Cougars vs. Winipeg
Oct. 25, 6:30 p.m.
U of R CHS

Regina Pats vs. Swift Current
Oct. 25, 7 p.m.
Brantford Centre, Civic Place

Regina Pats vs. Lethbridge
Oct. 26, 6 p.m.
Brantford Centre, Civic Place

FOR FAMILIES

Stars and Strippers
Wednesday 1 p.m.
Class plus ride on Southland
Rail, 3025 Gordon Rd.

EVENTS

Bake & Difference

Combat bullying through baking; spread kindness with a cookie
Wednesday, 5-7 p.m.
Sweet Antimonia's Bake Shoppe, 230
Windsong St. N

Drop-in crafts and gym

Free event for youth aged 5-18
Thursday, 4-6 p.m.
Eastview Community Centre, 630
6th Ave.

Drop-in Indoor Playground

Friday, 5-11:00 a.m.
South Leisure Centre, 170 Sunset Dr.

Young Explorers Club

Sea-hunters: If you think sharks are scary, you need to check out these amazing wonders of Southshore!
Movie: Mr. Peabody and Sherman: An evening of facts and fun for nine- to 12-year-olds. Includes pizza and pop for supper. \$18

Oct. 24, 5:00-9 p.m.
Royal Saskatchewan Museum, 3445
Albert St.

Mom and Tot Bonded Meetings

Hosted by Kate Murray, 306-335-2571
Friday, 10-11:30 a.m. Early Learning
Family Centre, South College, 3350
7th Ave.

Build and Grow Clinics

Build a special future project. For children ages 5 and up
Saturday, 10 a.m.
Lewes, 4505 Gordon Rd

Michael's Kids Club

Saturday, 10 a.m.-noon
3068 Prince of Wales Dr.

Family Favorites Film

Enjoy a favourite film for just \$2.50
Saturday, 3 a.m. Galaxy Cinema,
420 McCarthy Blvd. N.

Family activities

Saturday and Sunday, 2 p.m.
Saskatchewan Science Centre, 3904
Powerhouse Dr.

Megamorph Club

Where's Where the liars? Discover why certain animals call Saskatchewan their home! Designed for investigative learners ages 5 to 8. Cost: facts, games, scavenger hunts, artifact exploration, and policy discovery. Single included. \$15.
Oct. 26, 4-6 p.m.
Royal Saskatchewan Museum, 3445
Albert St.

Family Studio Sundays

Sunday, 2-4 p.m.
MacKenzie Art Gallery, 3475 Albert
St.

Parent and Preschooler Jungle gym

Monday, 9:30-11 a.m.
A.I. Ritchie Family Wellness Centre,

445-1429 Ave.

Science Time for Kids

Interactive workshop aimed at early learners
Tuesday, 9:30-10 p.m.
Saskatchewan Science Centre, 3904
Powerhouse Dr.

Drop-in crafts and gym

Free event for youth aged 5-18. Tues-
day, 4-6 p.m.
Eastview Community Centre, 630
6th Ave.

Mom's Morning Out

3000 Avenhurst Dr., weller@sasktel.net

Mother of Five Schoolers (MOPF)

Woodward Park Alliance Church,
mofofive@woodwardpark.ca

Regina Newcomers Club

reginaneewcomersclub@gmail.com

Time Out For Parents

A.I. Ritchie Family Wellness Centre
2250 Lindsay St., 309-525-6889,
arfw@rasktel.net

Y's Men's Group

YMCA, 2400 13th Ave., 306-757-8622

YWCA Regina

7500 Mainway St., 309-525-2343

MUSEUMS

Alan Watts School Museum

1600 Fourth Ave.
Tours by appointment only (306-525-3000)

Civic Museum of Regina

1375 Broad St.
Tuesday-Friday 10 a.m.-4 p.m. Satur-
day noon-4 p.m. Closed Sunday and
Monday.

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306-591-6666

EVENTS

Government House Museum & Heritage Property
4605 Dewdney Ave.
Tuesday to Sunday, 9 a.m.-4 p.m.

RCMP Heritage Centre
5607 Dewdney Ave.
Open 11 a.m.-5 p.m. daily

Regina Firefighters Museum
1265 Ross Ave.
3 a.m. by appointment (386-777-1714)

Regina Floral Conservatory
14506 4th Ave.
Open daily, 9 a.m.-3 p.m.

Regina Saskatchewan Museum
2445 Albert St.
Open 9:30 a.m.-3 p.m. daily

Saskatchewan Military Museum
1600 Elphinstone St.

Open Monday and Thursday,
7-9 p.m., or by appointment
(306-347-9345).

Saskatchewan Science Centre
2923 Power House Dr.
Tuesday-Friday 9 a.m.-5 p.m.
Saturday-Sunday and holidays,
noon-6 p.m.
Closed Mondays

Saskatchewan Sports Hall of Fame
3205 Victoria Ave.
Monday-Friday 10 a.m.-4:30 p.m. Closed weekends.

OTHER HAPPENINGS

Volunteer Fair
Charities and non-profit organizations will host display booths to promote their programs, services and volunteer opportunities.

tunities to students, alumni and the entire campus community.
Oct. 22, 10 a.m.-2 p.m.
U of R OHS Qm 3

RCMP Sergeant Major's Parade
Weekdays, 12:45 p.m. RCMP Depot Division, 3600 11th Ave.

U of R Alumni Crowning Achievement Awards Dinner
Oct. 22, 5:30-9 p.m.
Cormack Arts Centre, 200 Lakeshore Dr.

Regina Farmer's Market on campus
Every Thursday 10 a.m.-2 p.m.
U of R Research and Innovation Centre Atrium

Big Brother Canada
Reality TV show open casting
call Oct. 24, 8 a.m.-2 p.m.

Quensberry Convention Centre
Event Place

Psychological and Economic Dimensions of the Great War
Presentation by Miss Carleton and Stuart Wilson
Oct. 22, 7 p.m.
U of R Archer Library, 3337 Wascana Parkway

Fright Night Fashion Gala
Halloween costume fashion show, fundraiser for Kidney Foundation
Oct. 24, 6 p.m. Hotel Saskatchewan, 205 Victoria Ave.

Felling for Sport
Five-course fed dinner featuring products from Regina Farmers Market vendors, hosted by Sprink Catering, \$200 ticket
Call 306-543-5305
Oct. 24, 6 p.m. 1211 Cedar St.



Prerak Designs is one of several local designers who will be part of the Fright Night Fashion Gala on Friday go. Hair made by RINA SCHLEGEL

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EVENTS

Annual Gala Art Auction
Oct. 24, 7 p.m. MacKenzie Art
Gallery, 3475 Albert St.

All-Heaven Live Paganist
Oct. 28, 8 p.m.
Ort Centre, 4450 Ash Ave.

Regina Farmers' Market
Saturday, 10 a.m.-2 p.m.
Shrine's Building, 2055 Hamilton St.

Celkon Expo
Gluten free products for sale
Oct. 25, 10 a.m.-4 p.m.
Cote Ritchie Neighbourhood
Centre, 2230 Lindsay St.

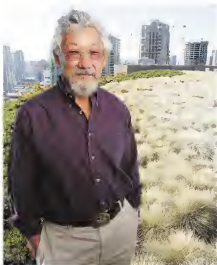
Olive and Grape Harvest Festival
Featuring Greek food, wine,
music and dance
Oct. 25, 5:30 p.m. Queensbury
Centre, 2616 Plaza

Shine
A talent display inspired by a
collection of contemporary art, fund-
raiser for Dress For Success
Oct. 25, 4 p.m. Sheraton
Regina, Connaught Arts Centre

**The Power of an Unleashed
Woman**
Lunch, fashion show, shopping,
trade show and seminar
by author Catherine Rose Kowalski
Oct. 26, 11 a.m.-4 p.m.
Regal Executive Inn Hotel,
4225 Albert St.

**The Most Incredible Mind
Show**
Oct. 28, 8 p.m. Connaught Arts
Centre, 2616 Plaza

Harvest Tea
Hosted by the Regina Garden
Association. Musical ac-
companiment by pianist Peg
Schrymshak. Tickets are \$6
and must be purchased in
advance at the Connaught
Museum. Info: 366-7611/4268 or
reginagardenassociation.ca
Oct. 28, 2 p.m. at 130, 2335,
and 330 p.m.
Regina Floral Conservatory,
16008 Fourth Avenue



David Suzuki's Blue Dot tour stops in Regina on Monday. **ALAN KALLAUS PHOTO**

Plants & People Tour
Sunday, 8:30 p.m.
Ort Centre, 4450 Ash Ave.

Season's exercises
Free weekly event invites
nature adults (\$5+) to have
some fun doing light exercises
and stretching.

Mondays, 9:30-10:15 a.m.
Gardens Community Centre,
615 6th Ave.

Say Yes to De Nelly Perelli
Dinner, fashion show and
presentation by Nelly Perelli,
host of TUC's Say Yes to the

Dinner
Oct. 21/25/30 p.m. Queensbury
Centre, 2616 Plaza

**The Blue Dot Tour with David
Suzuki and Friends**
Oct. 22, 7 p.m. Connaught Arts
Centre, 2616 Plaza

GreenDog Challenge
Drop-in gathering of board
game enthusiasts. Every Tues-
day, 6 p.m.-midnight.
Revelin Plaza, 540 Albert St. N.

Earth Democracy
Environmental art and

performance. Shive discusses
agriculture, food, intellectual
property rights, biotech-
nology and women in the
developing world. Oct. 28,
7:30 p.m.
U of R Education Auditorium

FILM

Project Night Film screened
Featuring Army of Darkness
(6:45 p.m.) and The Exor-
cist (8:45 p.m.). Concession
available. Friends of the RSM
Foundation.

Oct. 22, 8:45-10:30 p.m.
Regal Executive Inn Hotel,
4225 Albert St.

Lead Hat
Adventure/Comedy
A pair of former bushmen-
in-law embark on a road trip
through Ireland.

Geney
Adventure/Drama
 wartime, 1942 Singapore. An
Australian fighter pilot shot
down in combat awakens
suspended in the tropics.
As night falls, he must
navigate through darkness
in a search of sanctuary.
Lines crossing language and
culture. Canvase is a cinematic
tale of force exploring the
collision of war nature and its
impact on humanity.

Regal Public Library Theatre
221 12th Ave., 306-777-6004

Flight of the Butterflies
Documentary
Join hundreds of millions of
butterflies on an amazing
journey to a remote highway
in the mountains of Mexico.

**Island of Lemons: Medaga-
car**
Documentary
Join scientist Patricia Wright
on her lifelong mission to help
endangered lemons survive in
the modern world. Narrated
by Morgan Freeman.

Journey to the South Pacific
Narrated by Cate Blanchett,
this is a breathtaking ad-
venture to the lush tropical
islands of remote West Papua,
where life flourishes above
and below the sea. Join Jane,
a young island boy, as he takes
us on a journey of discovery to
this magical place where we
encounter whale sharks, sea
turtles, mara rays, and other
iconic creatures of the sea.

Room 100
2502 Powerhouse Dr.
306-522-4479

NEW MOVIES

John Wick
Action
John Wick (Keanu Reeves) is a
former hit man trying to lead
a quiet life of retirement. But
that changes when a group of
gangsters break into his home,
kill his dog and take every-
thing he holds dear as a crime
bosses put out a hit on him.
John hits back into his life of
violence, determined to take
revenge on those who have
wronged him, while trying to
escape the police.

Onge
Horror
A group of friends use a Ouija
board to try to make contact
with a recently deceased
friend, but ends up putting
their lives in danger when they
inadvertently summon a dark
presence.

St. Vincent
Comedy
A 12-year-old boy whose
parents just got divorced
begins to hang out with his
next-door neighbor Vincent
(Bill Murray), a cantankerous,
misanthropic war veteran.
The man teaches the boy
about juggling, fighting,
stealing and all other things
off to the hump of the local
parish priest (Chris O'Dowd),
who's offended by the ter-
rific life lessons Vincent
chooses to teach the immo-
scabable kid.

Galaxy Cinema
425 McCarthy Blvd. W.
306-522-9558

Chester Odeon
South End Mall Cinema
3025 Gordon St., 306-505-3383

Harbour Cinema
Golden Mile Shopping Centre
3056 Albert St., 308-359-5259

Events listings are a free community
service offered by OC. Listings will be
printed in future editions.

WINE WORLD

SASKATCHEWAN WINE SCENE

A red with soul to provide some warmth in autumn

By James Romanow

This time of year the party moves off the patio and into the kitchen as everyone seeks food, comfort and (probably as well) warmth. Many of us will also be seeking out a glass of red wine. So what wine goes with autumn?

I can think of few wines that support the nostalgia of summer gone better than the wines of the Rhone. They have a generosity about them, a sort of seductive warmth. And like many mothers, they can also offer a certain elegance and restraint. They have, in a word, soul.

Usually people know the wines of the Rhone via Chateau d'Alethe. These are great wines, but not inexpensive. They are also only a small subsection of the Rhone region. There are neighbouring wine regions with very similar wines well worth searching out as they have less name recognition.

In France, Gigondas is considered almost as famous as Chateau d'Alethe, and their wines reach heights after those. The etymology of the name comes from a Latin word, *gignere*, meaning great pleasure. And indeed the reputation of the wines and foods of Gigondas continue to this day with books like *A Year in Provence*.

Wines from Gigondas have been intensely available throughout the province, both in the RMA and the private stores. Currently, I



found the Laurus Gigondas at the Co-op in Saskatoon. It's a really nice wine with all the warm fruit and peppery bouquet you expect from a good syrah-based wine. It also has a certain balance, an equitable nature that I seldom find in New World versions. This is a comfort wine, but a comfort wine dressed by Chateau. In short, it is a wine to seek out.

Laurus Gigondas France, 2010 \$26.****

More wines for winter in Monday's paper and on Twitter @jromanow

Crossword/Sudoku answers

BITE	ASIAN	MAMAS
LOOP	CASEY	AGAVE
OWNS	ALERT	RAMON
CASINQUE	ALLIED	
LAIT	AASINARE	
CORONAE	LIONS	
ARENA	KILN	TAGS
NYU	SASINSEA	UND
EXPO	ROME	MURAL
CASH	RAINY	INITIATE
ALLEY	YALINYOU	
STAND	JAMES	SORE
YENTA	ORCUI	ILLIE
ARTST	SCATS	LOTS

7	1	6	9	2	4	5	3	8
3	5	4	6	1	8	9	7	2
8	2	9	3	5	7	1	4	6
5	6	1	2	3	9	4	8	7
9	4	8	1	7	6	2	5	3
2	7	3	8	4	5	6	1	9
6	3	5	4	8	2	7	9	1
4	8	2	7	9	1	3	6	5
1	9	7	5	6	3	8	2	4

Alzheimer Society SASKATCHEWAN

A Night to Remember

FALL GALA 2014

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Pro's Paolo Spada of the Mount Cycle Club pedals through a sand pit during the gravel bikecross championships held in Massena Court in Rogers. (Photo by MICHAEL RDL)

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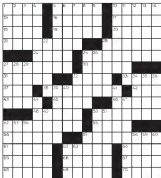
#CROSSWORD

NEW YORK TIMES *Edited by Will Shortz*

ACROSS

- 8 Spicy quality
 9 Like more than a third of a U.S. demographic toward gay
 10 Female railway riders in lower class
 11 Airport shuttle code commonly
 12 Men trying to clarify the spelling of his name in '20, '30, '40, '50, and '60s
 13 Inquire source
 14 Takes responsibility for board of an insurance
 15 Martin Short's first name
 16 Unhappy of spelling clarification #1
 17 Oats
 18 Beta's root
 19 Bowling clarification #2
 20 Cities around the sun
 21 Team that lost seven NFL championships in past
 22 Piece often named after a car position
 23 Very basic
 24 Indecent
 25 Term whose team is the underdog
 26 Bowling clarification #3
 27 New "grade"

- 42 Lull
 43 Getting the "Greatest"
 44 The "Last Supper" by
 45 Not fair
 46 Copy
 47 Bowling clarification #4
 48 "Gulf is let"
 49 Places where you can be a job thief
 50 Bowling clarification #5
 51 Courtroom fixture
 52 Bystanding fault
 53 For [name]'s sympathy in [name]'s film
 54 Butchery
 55 What the "Latter" meant in
 56 In ancient, "sister"



- 87 "Would...to you?"
 88 Like many's role film
 89 Birds it
 90 A whole bunch

DOWN

- 1 Blue dog character, a.k.a.
 2 One of "in the Big"
 3 A whole bunch
 4 Elasticity symbol in mechanics
 5 Year in a different era
 6 (animal) occupation
 7 "There...is that not"
 8 "Lingua"
 9 "W's" alternative
 10 "The old blue and the black" book

- 11 Can
 12 Time when the male
 13 To have as Toulouse
 14 Making
 15 Some voters
 16 Together
 17 Circus style
 18 Fresh food
 19 "Support" start
 20 A car's antelope
 21 Go for additional service
 22 Celebrity on cable cartoon
 23 Part of a black cloud
 24 In a hidden underfoot
 25 Time a pin
 26 Repetitive action

- 41 Friends of friends
 42 Situation
 43 Something set in place setting
 44 Soon
 45 Seen
 46 With informally
 47 Culture software
 48 "Tall" say
 49 Pouch
 50 Song that was a hit for Jagger in the 1970s
 51 Modern accents meaning "wile the day"
 52 Life force
 53 Enemies
 54 Generous prizes
 55 Chap did a path

PUZZLE BY JOE DUNCAN

JANBIC CLASSIC SUDOKU

Lewin Silver

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and pieces of observation to solve the puzzle.

The difficulty level ranges from (easiest) to (hardest) to (super hard).



Solution to the crossword puzzle and the Sudoku can be found on Page 10.

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COSTUME EXCHANGE | GAMES CREEPY CRAFTS | HALL OF HORRORS PARADE OF COSTUMES | TREATS

PROUD PARTNERS: KinderCare, The Children's Museum of Richmond

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OUTSIDE THE LINES



Colouring contest

Each week, artist Stephanie McKay creates a family illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to oc@leaderpost.com. One winner will be chosen each week.

Please send **high-resolution** pictures and include the child's name and contact information.



Last week's OC colouring contest winner was **Khalid Muhammad**. Congratulations! Thanks to all for your colourful submissions. We open this week!



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ON THE SCENE

#IGNITE! GALA

Historic female scientific curiosity and innovation in Saskatchewan communities was what the Ignite! gala was all about.

The first-time fundraiser for the Saskatchewan Science Centre, held Oct. 17, was a culmination of the science centre's 25th anniversary celebration.

Capt. Rogan "Sticky" Wikoff of the Canadian Forces Snowbirds air demonstration team was guest speaker at the intimate gala dinner, which was held at the science centre.

Wikoff was a student in Saskatoon when the science centre opened its doors in Regina in 1990. He came to the Queen City to participate in a provincial science fair. That ignited his love of science. He earned two degrees before becoming a teacher. Then joined the Royal Canadian Air Force and became a member of the iconic Canadian Snowbirds air demonstration team.

Representing the future in science was Michael Thiel, a Grade 10 student at Miller Comprehensive High School, who was also an avid researcher. He participated at the Saskatchewan Science Centre.

The gala, which the science centre's executive director Sandy Baumgartner said she hopes will be an annual event, raised approximately \$10,000.

1. Capt. Rogan Wikoff and Sandy Baumgartner

2. Al and Jean Thebaud

3. Sharon and Greg Miller

4. Karen Sanderson, Diane Li, Randa Pannu, Brady Pannu

5. Reg Robinson, Shen Robinson, Jeff Rudchuk, Carla Feld, Karen Conly, Dan Conly

6. Gary, Michael and Shelley Thiel

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SHARPEATS

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SASKATCHEWAN FOOD SCENE

Enjoy the tastes of southern Italy in Saskatchewan

By Jenn Sharp

The first thing one notices upon entering Taste of Tuscany in the mall is a sense that a comforting, familiar, rustic, hearty, freshly baked meal.

The modest spot is tucked into the South Street mall in downtown Regina. The owners, Nachbatter Singh and Margaret Kaur, are from India's Punjab region but lived in Tuscany for 20 years before moving to Regina. Margaret, who is better known as Sil, says she rarely cooks Punjab food anymore because she loves Italian so much.

She tells it a slow pace, and with rustic charm, sprinkles wine on a pair of smoking garlic, oil and chili peppers. The dish is one of her specialties — a spicy Spaghetti Aglio Olio Peperoncino. Her kitchen today is handmade ravioli stuffed with meat, cheese, bacon, garlic and mushrooms with a tomato meat sauce.

Singh, whose mother was Italian, learned how to cook in Tuscany where she says everything is always "fresh and nothing is pre-made." That's also the style they've "learned" to bring to their restaurant here.

Singh explains as she dishes up generous servings of ravioli-cooked

perfectly silently that busy families deserve a nice home-cooked meal in a comfortable atmosphere. It's clear she's proud of the food and the business they've built in Regina.

In Saskatoon, the small at Balfour, Pizzeria and Catering is equally thriving.

The newly opened restaurant is tucked away on Alberta Avenue, in an unassuming building that perfectly matches the owners' personal styles.

I've never had so much fun eating lunch.

Blaise Balfour owns the place with his uncle Giuseppe D'Amore. They prepared more dishes than I ever thought possible for two men in a tiny kitchen. The food just kept coming. D'Amore, gathering excitedly as he told me about the ingredients and how it was made. Balfour is slightly more subdued but equally as passionate about food. Mostly every recipe comes from his grandma or D'Amore's mother.

The family there are several other relations living in Saskatoon, including Balfour's talented mom. Lorna also gets up at 4 a.m. to make bread rolls for the restaurant's hosts from southern Italy's Basilicata region.



Chef Margaret Kaur making one of her favourite dishes at Taste of Tuscany in Regina.

Taste of Tuscany's Spaghetti Aglio Olio is a sprightly dish with mushrooms, garlic and hot chili peppers. (c) JENN SHARP

SHARP EATS



Andrea Patera and Catering is focaccia bread topped with fresh basil, ricotta, tomatoes, olive, house-made sun-dried tomatoes and balsamic vinegar. (G. Wright/LEADERPOST)

As Eufemia's dad, Mario, who had stopped by for lunch, explained to me: "In Italy, we eat pasta for breakfast, pizza for lunch and pasta for dinner, so it's got to be good."

Their family in Italy has run a bakery for 60 years. Di Amore grew up with the smell of freshly baked bread every day. Three years ago Eufemia went home and learned all the secrets of the trade from his grandmother, along with taking professional-level cooking classes.

He returned inspired to bring a taste of Italy to Saskatoon. He also brought his family's pesto, which is what makes all of Eufemia's bread

products so special.

It all started with a stall at the Saskatoon Farmers Market. Then the restaurant opened in September for lunch.

The first dish to arrive at the cozy corner booth beside a big window was focaccia bread topped with fresh basil, ricotta, olive and balsamic vinegar.

Next was eggplant melanzane, a dish with eggplant, garden greens, roasted red peppers, mozzarella, onions, provolone, and a garlic and red pepper sauce.

Cubatta is made three times a

week and steps soft for days; the recipe was passed down from Di Amore's aunt. It was thanks to this recipe that he started Eufemia — he loves Pizzeria so much he wanted to share his family's cubatta (the bread can really make or break a sandwich.)

We grew up with this stuff. It's in our blood," he explains.

Eufemia's cubatta is soft, chewy and probably the best Tre had outside Italy.

More dishes followed, including Peperone Di St. Suppli (pepperoni inside sausage) with a baguette, bruschetta (pork shoulder with ham,



The restaurant owner of Eufemia Giuseppe Di Amore explains how a dish starts with simple ingredients and care for quality can be incredibly satisfying.

Parmesan, ricotta and garlic) and a calzone.

Everything was incredibly good and it had nothing to do with the presentation or unique ingredients. It was good because it was simple food prepared with quality ingredients by people who care.

Di Amore explained it best: "It's all made with passion."

There's no paper menu at Eufemia, only a chalkboard, just like back home. And the prices are astronomically low for food of this quality. Quite literally, a hole in the wall, the surroundings are far from modern but it's comfortable. And with

out having to break the bank or eating a trendy space, Eufemia and Di Amore are able to concentrate on what really matters: the food.

Taste of Tuscany, located at 1881 South St., serves a lunch buffet Monday to Friday and is open in the evenings for dinner.

Eufemia Patera and Catering is open Monday to Friday for lunch and will be open for dinner beginning Nov. 1 at 1122 Alberta Ave.

Joe Wright/Leaderpost.com
Twitter.com/CGWright

Dizzy D's Diner, home of the Dizzy Burger

By Sherry McCormick
For L-P Specialty Products

Colin and Amanda Mohr are owners of Regina's Dizzy D's Diner, located at 5104 Henderson Dr. The diner opened its doors in May 2007 and operates from 5 a.m. to 4 p.m. Monday to Friday. Dizzy D's Diner is an affordable, healthy choice for breakfast and lunch. Home-cooked meals are served with different features on the menu every day. Tater tots and cheese sauce are served as an alternative to fries and gravy, as no deep fryer is used on the premises.



Some of Dizzy D's specials that you can expect to see in the coming weeks include grilled beef and Swiss sandwiches, cheesy chicken salad wraps, grilled buffalo chicken



DIZZY D'S DINER

Home of the Dizzy Burger

sandwiches, sloppy Joe grilled cheese sandwiches, three-cheese tuna wraps, toasted bacon and tomato sandwiches, Reuben wraps and Monte Cristos. All lunch specials are \$7.50 including tax and are accompanied by your choice of either homemade soup, salad, tater tots or a homemade dessert.

If you're crunched for time, Dizzy D's has pre-made cold sandwiches, soups and desserts. Grab a sandwich and a bowl of soup and you're out of there in a pinch. They also offer take out, so pre-ordering your meal is an option, too. Call the restaurant at 306-543-6667 to place an order for take-out.

Breakfast features include two or three eggs, any style, and a variety of omelets such as ham, mushroom and cheddar. Denver, veggie, western, meat lovers' and the Dizzy omelet that includes ham, ground beef, tomato and Swiss cheese. Other breakfast dishes served daily include French toast, pancakes, hamburger steak and breakfast sandwiches. Home-style hash browns done on the grill and thick Texas toast accompany your meal. Breakfast is served all day and, if you're an early bird, you can take advantage of the weekly early bird special from 6 a.m. to 10:30 a.m.

"Everything is home-cooked," said Amanda, who is the owner and operator. "Our biggest seller is the Dizzy Burger. It comes with all the fixings, and I make the patty from scratch." Amanda also makes the soups and desserts that accompany daily lunch specials. "Our best-selling desserts are Nanaimo bars, brownies and carrot cake. They go fast and are made fresh."



The ambience of Dizzy D's Diner is colourful, warm and welcoming. It has been described as open and friendly with a kind of West Coast feel. It seats approximately 44 persons. For people who live or work in the area, it's an excellent choice for breakfast or lunch. For those who don't live or work nearby, the drive may be worth your while, and there is quick access to the Ring Road and Park Street. The service is fast, the food is homemade and parking is plentiful and free.

Daily lunch specials can be found on Dizzy D's Facebook page at <https://www.facebook.com/DizzyDsDiner>. The Facebook page also includes Dizzy D's menu and directions to the diner.

Remember Dizzy D's Diner at 5104 Henderson Dr. when you're looking for a hearty breakfast or lunch. It's a healthy, affordable choice with delicious homemade food served Monday to Friday. See you there!
5104 Henderson Dr. 306-543-6667